

Name _____ Coping Skills

Coping with Stress

I know I am stressed when:

A frequent source of stress is:

What I need to do when stressed is:

Some helpful resources are:

Think of a situation that is causing stress in your life what right. What is it?
Why is it stressful?

List three coping strategies you can use to help alleviate the stress.

■

■

■



Adolescent Coping Skills Worksheets

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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